

Please be advised that KFL&A Public Health has up graded the Heat Alert issued on Friday to a Level 2 Heat **Warning**.

Environment Canada has forecasted high temperature and humidity levels for the next few days.

This warning is in effect until Thursday, July 8, 2010.

KFL&A PUBLIC HEALTH

# **MEDIA RELEASE**

For immediate release

Monday, July 5, 2010

## **Heat Warning issued for KFL&A area amid hot and humid forecast**

**Kingston**—With hot, humid weather forecast for the next few days in the KFL&A area, KFL&A Public Health is issuing a Heat Warning—a level 2 heat alert as part of KFL&A Public Health’s Extreme Heat Health Response Plan. A Heat Warning is issued when the weather is forecast to be 36°C or humidex for two consecutive days with a smog advisory or 40°C or humidex for two consecutive days without a smog advisory.

“KFL&A Public Health monitors forecasted weather conditions as provided by Environment Canada and Air Quality Ontario,” said Adrienne Hansen-Taugher, emergency planning coordinator with KFL&A Public Health “We are issuing a level 2 heat warning with the forecast of weather for the KFL&A area.”

Heat related illnesses such as dehydration, heat cramps, heat exhaustion and heat stroke are preventable. Most healthy people can tolerate a short period of hot and humid weather as long as they stay cool and drink plenty of fluids. Those at highest risk of health consequences from a heat related illness include the elderly, infants (less than 1 year old), those who have chronic physical and mental illnesses and those on certain medications.

“Hot and humid temperatures increase perspiration to maintain constant body temperature. Normally, as a person perspires, their body cools,” said Hansen-Taugher. “This process comes with a loss of body fluids, which can lead to dehydration over a long period of intense exposure. High humidity prevents cooling though perspiration and increases the risk of becoming overheated.”

During a heat alert, KFL&A Public Health advises residents to keep the home cool, stay out of the heat, keep the body cool and hydrated, help others, and know the signs of heat related illness and know what to do. During a level 2 heat warning, KFL&A Public Health advises the suspension of strenuous outdoor sports activities and asks that caretakers and family members check more frequently on vulnerable groups.

KFL&A Public Health has also worked with local municipalities on creating a list of cool down areas where residents can seek temporary relief from the hot, humid temperatures. This list is available by map through KFL&A Public Health’s website, [www.kflapublichealth.ca](http://www.kflapublichealth.ca), and includes more than 40 locations, both public and private, that offer air conditioned reprieve to the hot humid weather. All locations have a distinctive “Cool Down Here” window sign to help the public recognize the stations.

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